

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ
ЦЕНТР**

**МАТЕРІАЛИ
Х ВСЕУКРАЇНСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ
КОНФЕРЕНЦІЇ СТУДЕНТІВ, АСПІРАНТІВ ТА
ВИКЛАДАЧІВ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО
ЦЕНТРУ КАФЕДРИ ІНОЗЕМНИХ МОВ**

**“WITH FOREIGN LANGUAGES TO MUTUAL
UNDERSTANDING, BETTER TECHNOLOGIES AND
ECOLOGICALLY SAFER ENVIRONMENT”**

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THE MOST DANGEROUS DISEASE OF THE XXI CENTURY

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Allergies are among the most common chronic conditions worldwide. Allergy symptoms range from making you miserable to putting you at risk for life-threatening reactions. According to statistics, today every fifth inhabitant of our planet suffers from allergy. In the developed countries, about 20% of people are affected by allergic rhinitis, about 6% of people have at least one food allergy and about 18% of people have asthma. International statistics shows that over the past two decades, the incidence of allergies has increased 3-4 times. And if the XX century was the century of cardiovascular diseases, according to the forecasts the XXI will be the century of allergy.

Allergy is known for a long time. Doctors of Ancient Egypt noticed symptoms that are similar to the symptoms of allergies. But mankind turned its attention to the allergy only in the XX century.

Allergies, also known as allergic diseases, are a number of conditions caused by hypersensitivity of the immune system to something in the environment. Allergy involves an exaggerated response of the immune system, often to common substances such as foods or pollen. The immune system is a complex system that normally protects the body against foreign invaders, i.e. bacteria and viruses. Allergens are substances that are foreign to the body and that cause an allergic reaction. Examples of allergens include pollen, dust mites, molds, animal proteins, foods, and medications. It's easy to come in contact with allergens, playing with your pet, or just walking out the door during allergy season.

Some allergies can take years to develop. It is important to diagnose the allergy before the crisis, so when you have the first symptoms you must go to the doctor immediately. Allergies can range from minor to severe. Anaphylaxis is a serious, potentially life-threatening allergic response that is marked by swelling, hives, lowered blood pressure, and dilated blood vessels.

So, always be attentive to your body, do not miss allergy symptoms that can lead to serious consequences.